



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 83110, Fish, mackerel, salted

Report Date: May 20, 2017 22:36 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece (5-1/2" x 1-1/2" x 1/2") 80g	1 cubic inch, boneless 17g	1 cup, cooked 136g
Proximates							
Water	g	43.00	--	--	34.40	7.31	58.48
Energy	kcal	305	--	--	244	52	415
Energy	kJ	1276	--	--	1021	217	1735
Protein	g	18.50	--	--	14.80	3.15	25.16
Total lipid (fat)	g	25.10	--	--	20.08	4.27	34.14
Ash	g	13.40	--	--	10.72	2.28	18.22
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00	0.00
Minerals							
Calcium, Ca	mg	66	--	--	53	11	90
Iron, Fe	mg	1.40	--	--	1.12	0.24	1.90
Magnesium, Mg	mg	60	--	--	48	10	82
Phosphorus, P	mg	254	--	--	203	43	345
Potassium, K	mg	520	--	--	416	88	707
Sodium, Na	mg	4450	--	--	3560	756	6052
Zinc, Zn	mg	1.10	--	--	0.88	0.19	1.50
Copper, Cu	mg	0.100	--	--	0.080	0.017	0.136
Selenium, Se	µg	73.4	--	--	58.7	12.5	99.8
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0
Thiamin	mg	0.020	--	--	0.016	0.003	0.027
Riboflavin	mg	0.190	--	--	0.152	0.032	0.258

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece (5-1/2" x 1-1/2" x 1/2") 80g	1 cubic inch, boneless 17g	1 cup, cooked 136g
Niacin	mg	3.300	--	--	2.640	0.561	4.488
Vitamin B-6	mg	0.410	--	--	0.328	0.070	0.558
Folate, total	μg	15	--	--	12	3	20
Folic acid	μg	0	--	--	0	0	0
Folate, food	μg	15	--	--	12	3	20
Folate, DFE	μg	15	--	--	12	3	20
Choline, total	mg	101.6	--	--	81.3	17.3	138.2
Vitamin B-12	μg	12.00	--	--	9.60	2.04	16.32
Vitamin B-12, added	μg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	μg	47	--	--	38	8	64
Retinol	μg	47	--	--	38	8	64
Carotene, beta	μg	0	--	--	0	0	0
Carotene, alpha	μg	0	--	--	0	0	0
Cryptoxanthin, beta	μg	0	--	--	0	0	0
Vitamin A, IU	IU	157	--	--	126	27	214
Lycopene	μg	0	--	--	0	0	0
Lutein + zeaxanthin	μg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	2.38	--	--	1.90	0.40	3.24
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	μg	25.2	--	--	20.2	4.3	34.3
Vitamin D3 (cholecalciferol)	μg	25.2	--	--	20.2	4.3	34.3
Vitamin D	IU	1006	--	--	805	171	1368
Vitamin K (phylloquinone)	μg	7.8	--	--	6.2	1.3	10.6
Lipids							
Fatty acids, total saturated	g	7.148	--	--	5.718	1.215	9.721
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.029	--	--	0.023	0.005	0.039
14:0	g	1.082	--	--	0.866	0.184	1.472
16:0	g	4.418	--	--	3.534	0.751	6.008
18:0	g	1.403	--	--	1.122	0.239	1.908

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece (5-1/2" x 1-1/2" x 1/2") 80g	1 cubic inch, boneless 17g	1 cup, cooked 136g
Fatty acids, total monounsaturated	g	8.320	--	--	6.656	1.414	11.315
16:1 undifferentiated	g	1.495	--	--	1.196	0.254	2.033
18:1 undifferentiated	g	4.224	--	--	3.379	0.718	5.745
20:1	g	1.034	--	--	0.827	0.176	1.406
22:1 undifferentiated	g	1.543	--	--	1.234	0.262	2.098
Fatty acids, total polyunsaturated	g	6.210	--	--	4.968	1.056	8.446
18:2 undifferentiated	g	0.369	--	--	0.295	0.063	0.502
18:3 undifferentiated	g	0.159	--	--	0.127	0.027	0.216
18:4	g	0.398	--	--	0.318	0.068	0.541
20:4 undifferentiated	g	0.258	--	--	0.206	0.044	0.351
20:5 n-3 (EPA)	g	1.619	--	--	1.295	0.275	2.202
22:5 n-3 (DPA)	g	0.391	--	--	0.313	0.066	0.532
22:6 n-3 (DHA)	g	2.965	--	--	2.372	0.504	4.032
Cholesterol	mg	95	--	--	76	16	129

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0